

# HEALTH AND MENTAL HEALTH SURVEY MODULE WORKGROUP

Verda Rana  
NASMHPD Research Institute  
June 25, 2010

# INTRODUCTION/ BACKGROUND

- Increased Morbidity and Mortality in SMI population- *People with SMI served in our public mental health systems die, on average 25 years earlier than the general population.*
- Preventable Medical Conditions the cause of this Morbidity and Mortality
- Psychiatric medications contributing to the Risk
- No guidelines or monitoring to reduce the risk in SMI population.

# WORKGROUP STATE PARTICIPATION

Workgroup to add Health questions in MHSIP survey

8 States data included in the Analysis

- Hawaii
- Maine
- Nebraska
- New Hampshire
- North Carolina
- Oklahoma
- South Dakota
- Wisconsin

# MHSIP AND BRFSS RATES FOR

- Obesity
- High Cholesterol
- Smoking
- Diabetes
- Cardiovascular Disease
- Hypertension
- Asthma, Arthritis etc..
- Metabolic Risk
- Cardiovascular Risk
- Overall- Health
- Mentally Unhealthy Days
- Physically Unhealthy Days
- Disability Days
- Additional information about Sample, Response Rates, Methods, Time Period

# SURVEY APPROACH

---

**HI** Mail and face-to-face

**ME** Mail

**NC** Combination

**NE** Telephone and Mail

**NH** Combined mail / telephone

**OK** 91% Face-to-face paper questionnaires and 9% face-to-face peer interviews (due to vision challenges, literacy concerns, etc.)

**SD** Mail

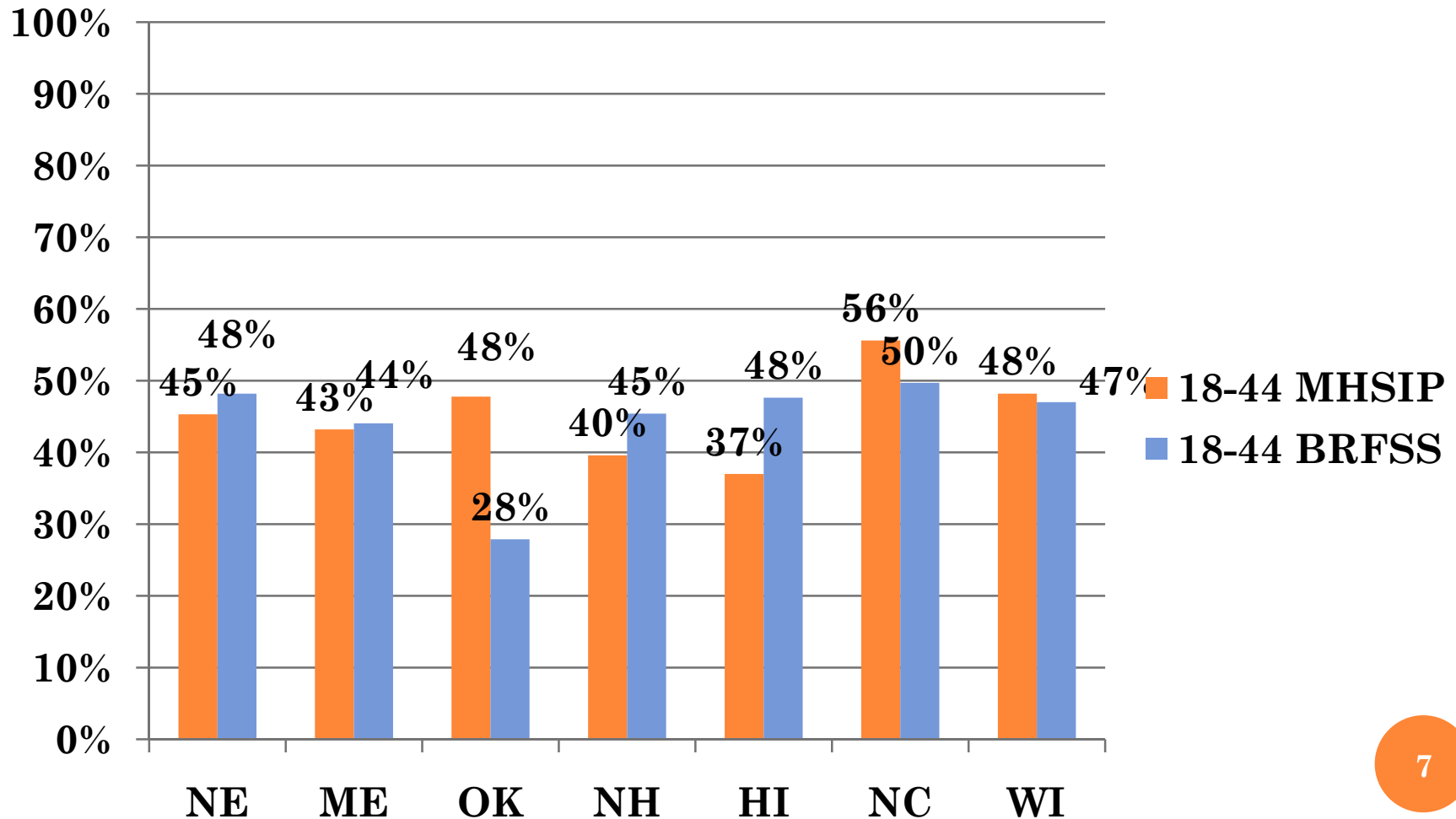
**WI** Mail

---

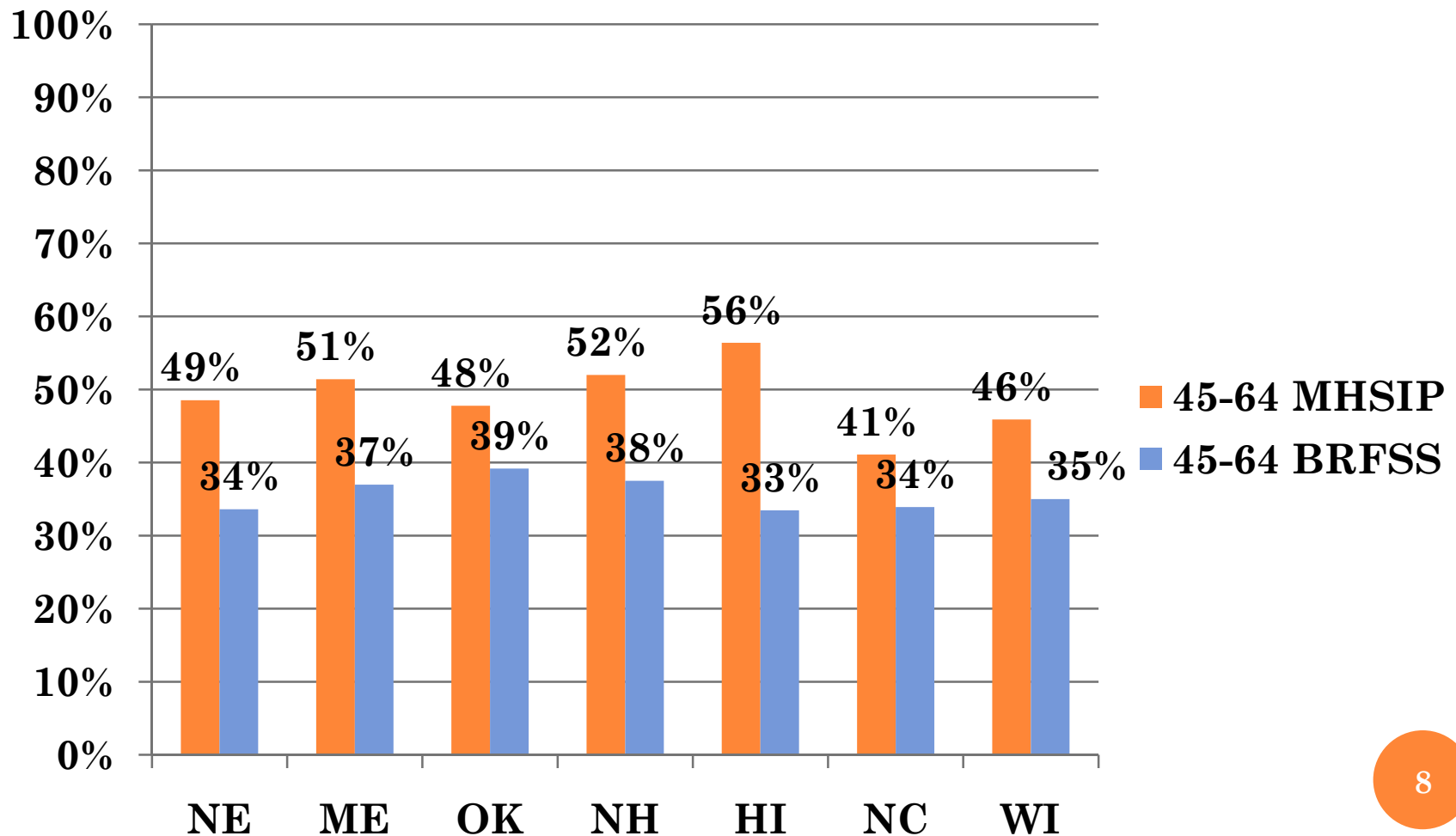
## SAMPLE AND RESPONSE RATE

	Type of Sample	Response Rate
HI	Universal (everyone served during this period was asked to complete the form)	
ME	SMI population	18.6%
NC	Convenience sample	72.0%
NE	Random Sample	
NH	Stratified random sample	46.0%
OK	Convenience samples at approximately 80 sites affiliated with 15 community mental health centers	98.1%
SD	Stratified random sample	27.8%
WI	Random sample	56.0%

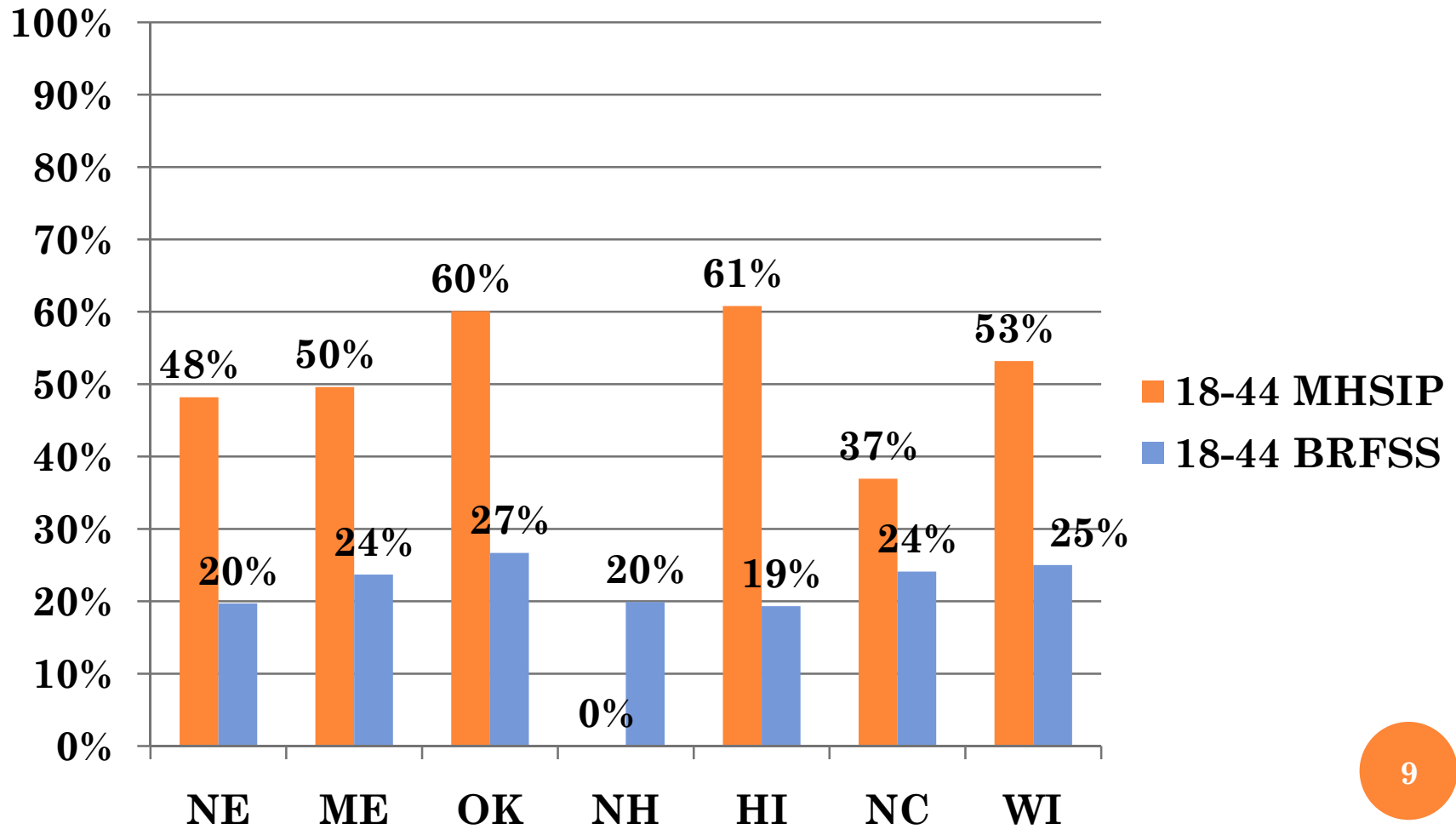
# OVERALL COMPARATIVE DATA FOR MHSIP AND BRFSS ( AGE 18-44)



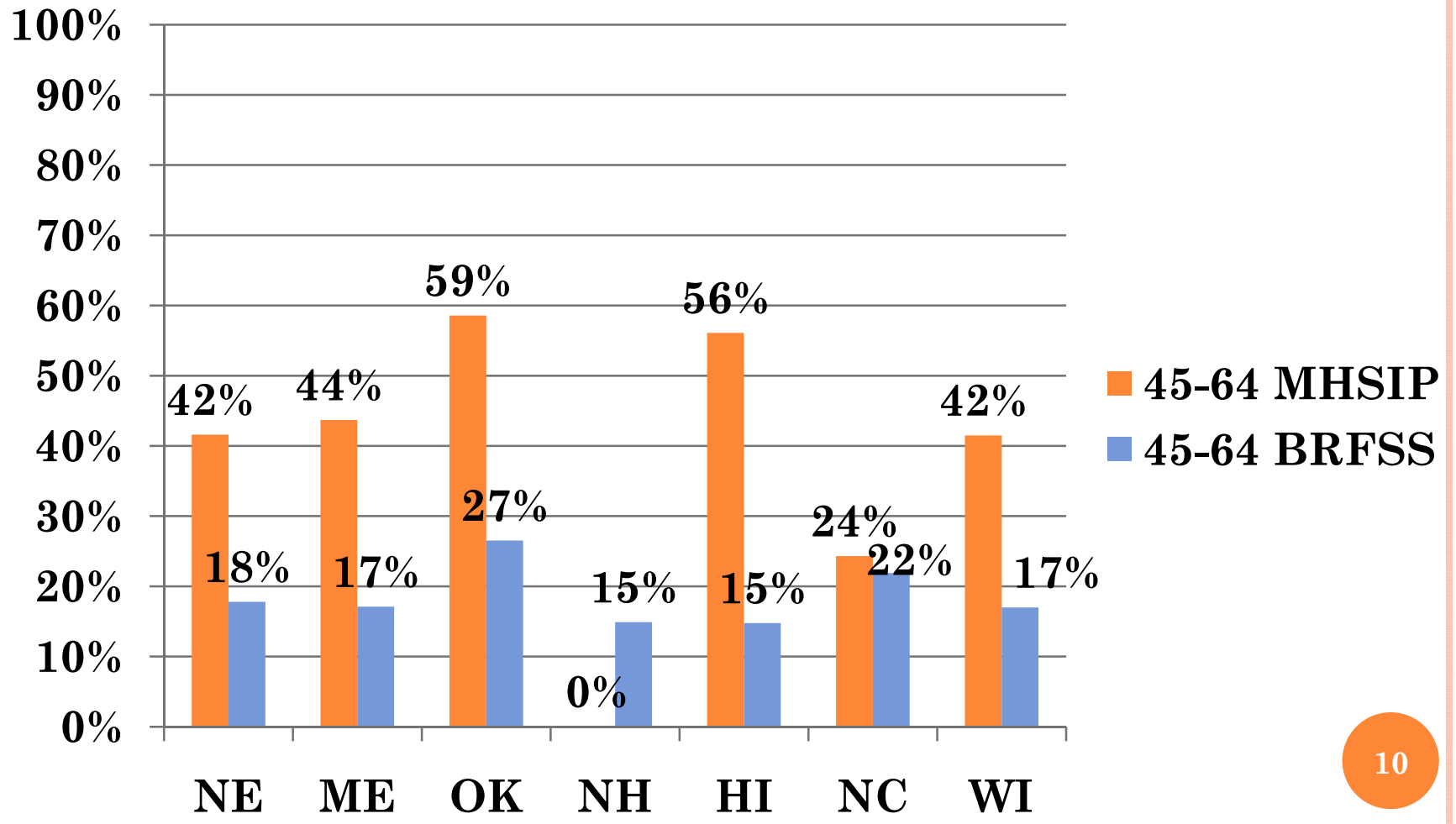
# OVERALL COMPARATIVE DATA FOR MHSIP AND BRFSS ( AGE 45-64)



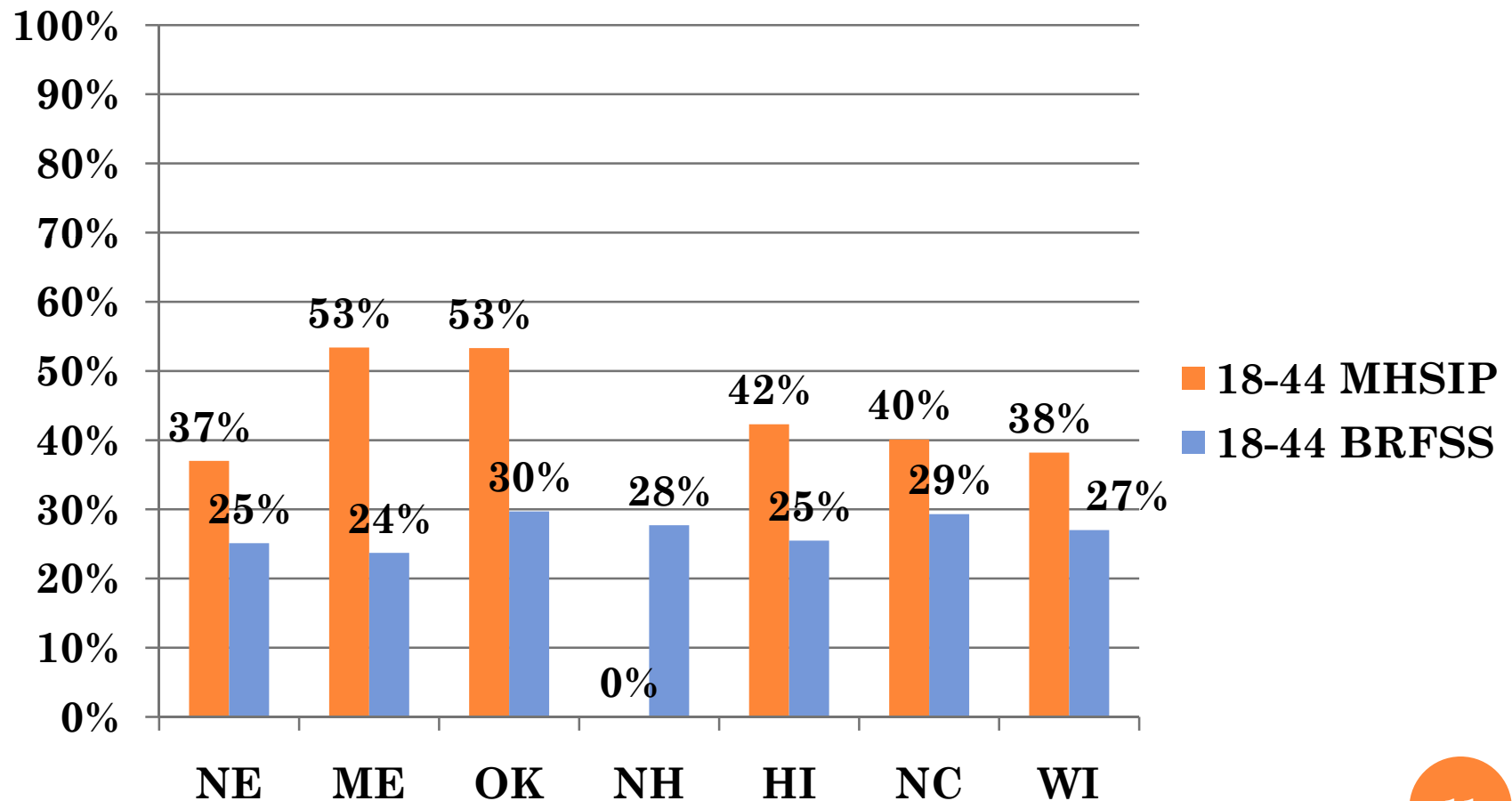
# HIGHER RATE OF SMOKING IN MHSIP (AGE 18-44)



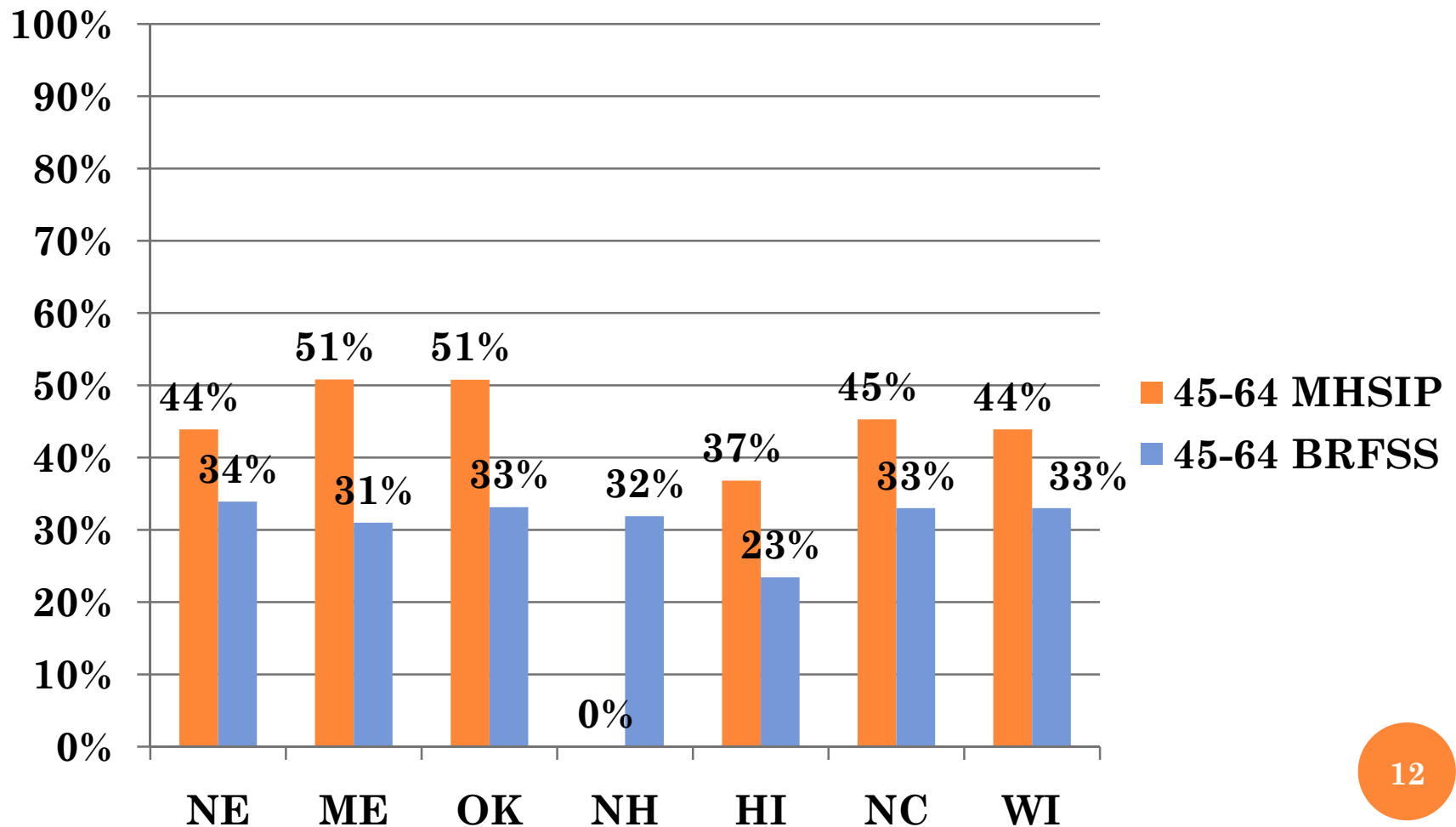
# HIGHER RATE OF SMOKING IN MHSIP (AGE 45- 64)



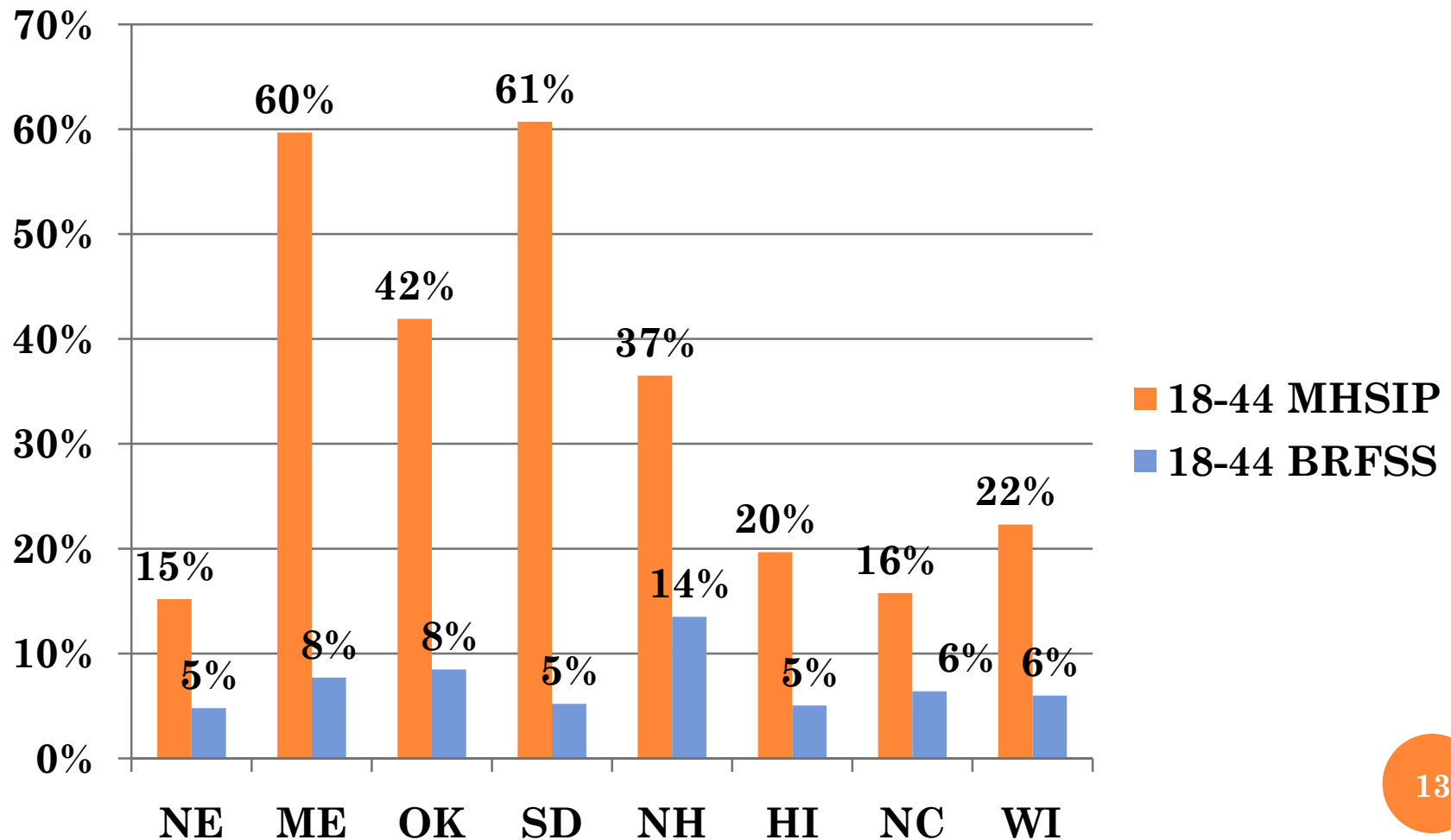
# HIGHER RATES OF OBESITY IN MHSIP (AGE 18-44)



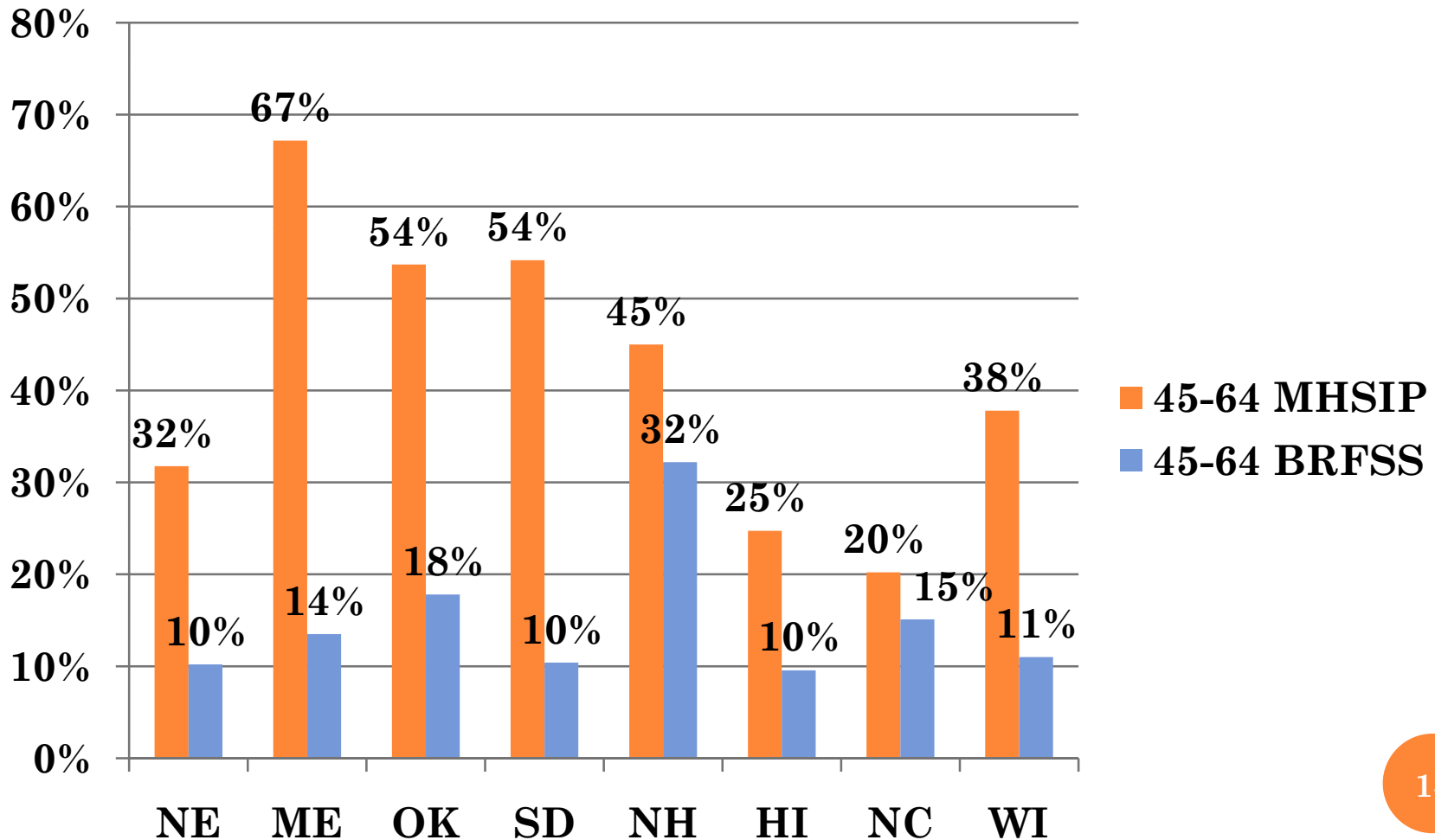
# HIGHER RATES OF OBESITY IN MHSIP (AGE 45-64)



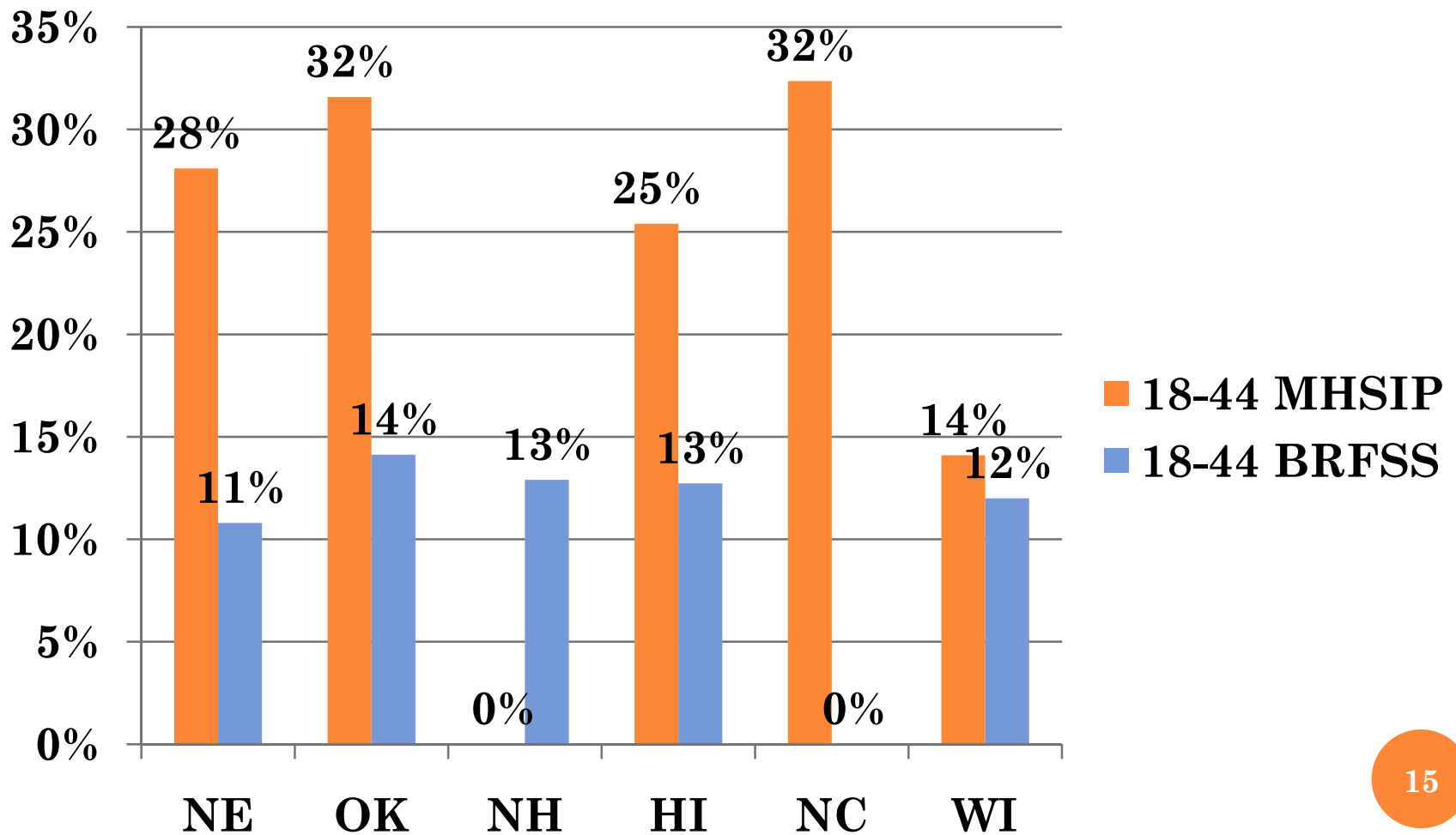
## 14 OR MORE PHYSICALLY UNHEALTHY DAYS- HIGHER PERCENTAGES REPORTED IN MHSIP (AGE 18-44)



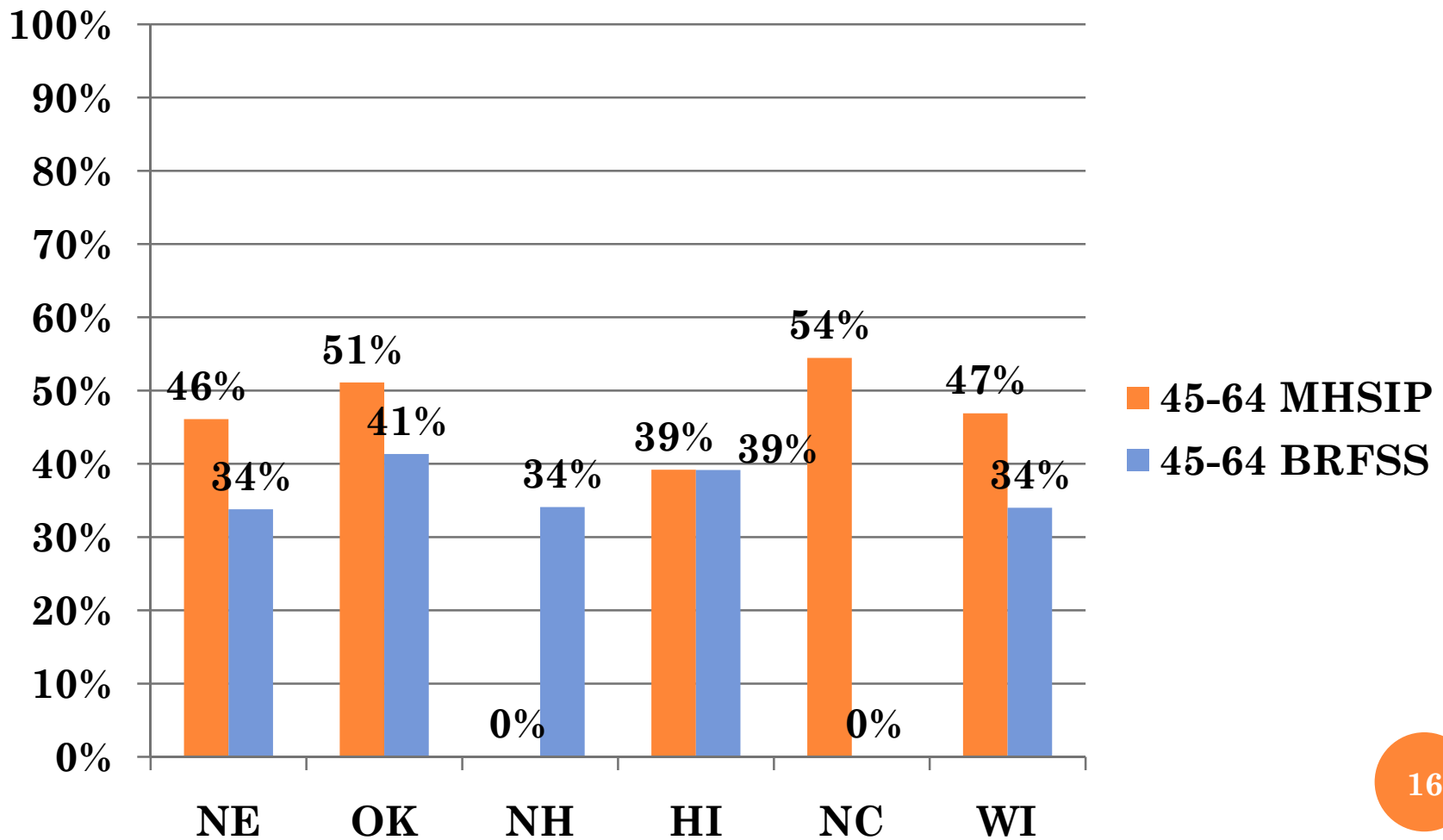
# 14 OR MORE PHYSICALLY UNHEALTHY DAYS- HIGHER PERCENTAGES REPORTED IN MHSIP (AGE 45-64)



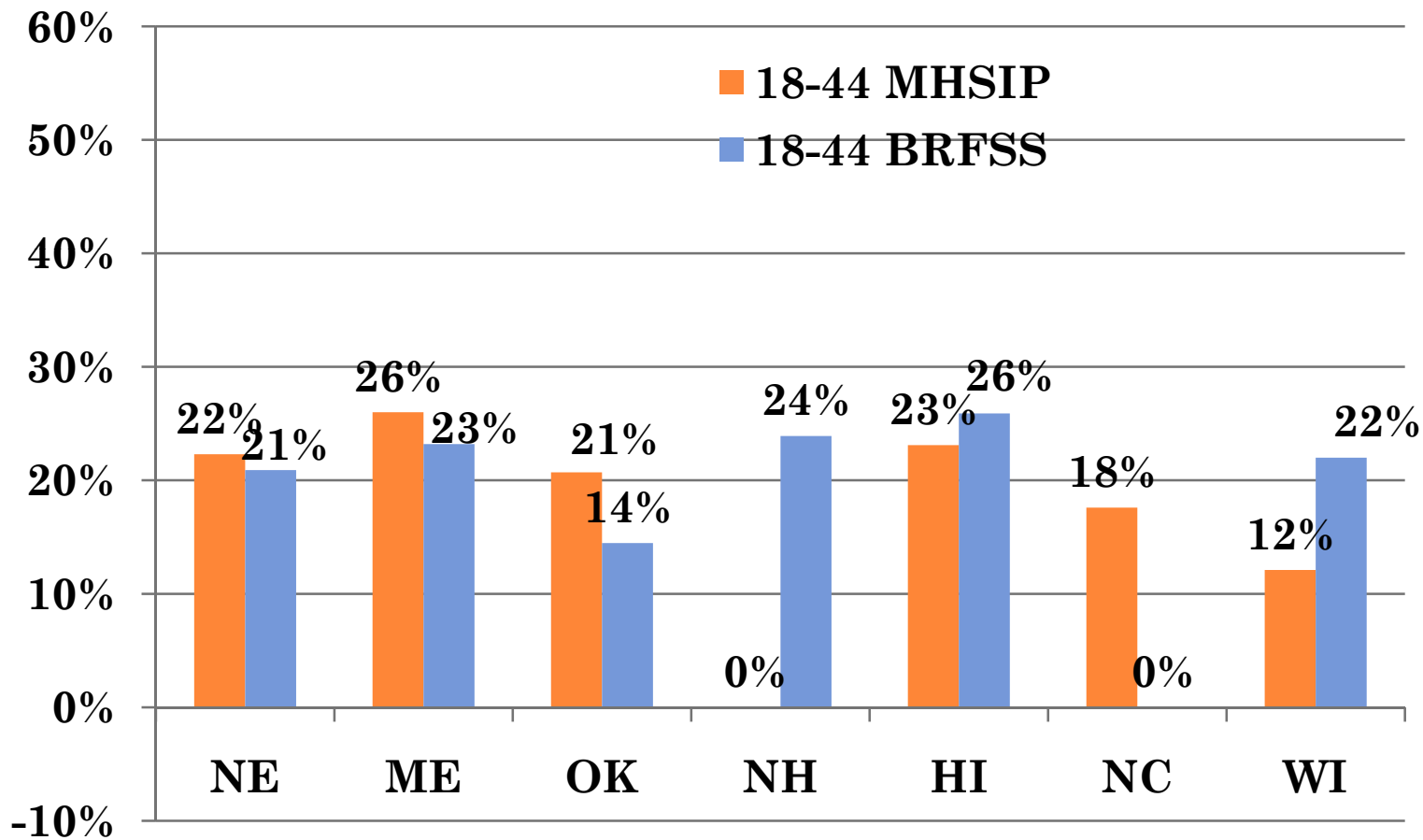
# HIGHER RATES OF HYPERTENSION IN MHSIP (AGE 18-44)



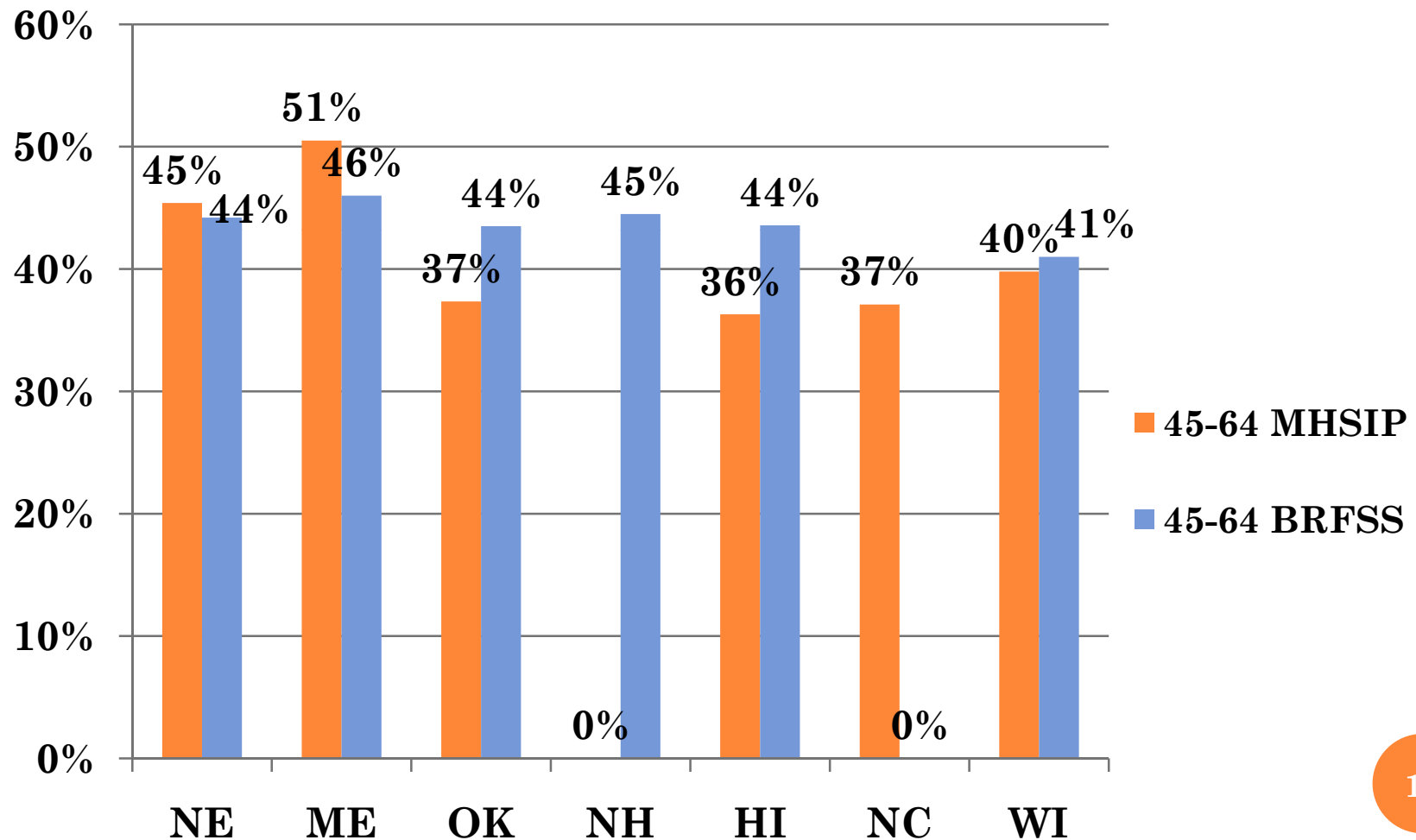
# HIGHER RATES OF HYPERTENSION IN MHSIP (AGE 45-64)



# VARIATION IN HIGH CHOLESTEROL RATES (AGE 18-44)



# VARIATION IN HIGH CHOLESTEROL RATES (AGE 45-64)



# COMMON HEALTH QUESTIONS ASKED BY STATES

- 1: What is your height?
- 2: What is your weight?
- 3: Do you smoke cigarettes?
- 4: Would you say that your general health is:
- 5: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
- 6: Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?
- 7: During the past 30 days, for how many days did poor physical or mental health keep you from doing your usual activities such as self-care, work, recreation, etc?
- 8: Have you been told by a doctor that you have (check all that apply):

# STATE EXPERIENCES

- Tim Conner, M.A., M.S.,  
University of Wisconsin Population Health  
Institute.
- Jay Yoe, Ph.D  
Maine Department of Health and Human  
Services